

Water the Roots 9

The Three Mantra Sadhana

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The Third Generation



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The Three Mantras – the 11, 11, 3 sadhana



Every spiritual aspirant at the beginning of the day should practise these three mantras regularly: the Mahamrityunjaya mantra first, eleven times, that is the mantra of healing, then the Gayatri mantra, eleven times, that is the mantra to acquire wisdom, and then the 32 Names of Durga, three times, to eradicate any discrepancies, disturbances, distractions and distresses of life.

When thinking about these mantras, one realizes that the body is nothing but compressed energy which responds to

vibrations. This energy is so subtle and sensitive that any thought, any idea, anything can affect it and alter its nature. The swings of moods will alter the nature of energy, and when a mood swing is strong, the energy of the body becomes a conductor of that particular mood and there are certain mantras which can vibrate the energies of the body at specific frequencies and ranges, which magnetize and demagnetize the body.

When a particular state of mind is powerful and it changes the energy structure, the energy field, the body becomes like a magnet to attract corresponding energy. A fearful energy will attract fear, an aggressive energy will attract aggression, a compassionate energy will attract compassion. Therefore, whatever you are experiencing in your consciousness, that change, that transformation is not only happening at the level of head and mind, it also happens at the level of the heart, the centre of expressing energies, and it happens in the events of your daily life. To iron out the wrinkles in the field of consciousness that can create these energy patterns and that attract the same forces again and again, the Mahamrityunjaya mantra, Gayatri mantra and Durga mantra are used to demagnetize the energies of the body, to strengthen you and to awaken your creative qualities.

MAHAMRITYUNJAYA MANTRA

During the 1998 Sita Kalyanam function, Sri Swamiji recommended the Mahamrityunjaya mantra and the Gayatri mantra to everyone. He said, "I am giving you a guarantee that if you do it with intensity of focus, willpower, purity of heart and feeling, there is no question that health and healing will be provided, whether for yourself or for others."

If you ask about the meaning of the Mahamrityunjaya mantra, most people will say it is a mantra dedicated to Lord Shiva and give a definition according to the literal meaning of each word. More important, however, is the vibration you create. The combination of sounds in any mantra creates a specific vibration in the body. Our body has a vibratory



dimension. All the cells and atoms are vibrating in harmony with each other. The moment this harmony is broken at the vibratory level, destruction of the body takes place and we start to die. In death the pulsations of the body stop, the animation of the cells ceases and the life-force leaves the body. The vibrations are the manifest symptoms of the life-force.

Symbolically, these vibrations are represented in the various *chakras* or psychic centres. When we use a combination of mantras or sound syllables, we are activating and bringing forth the potential of these vibrations that are inherent in the body. When we use a string of vibrations, as in the Mahamrityunjaya mantra, these vibrations realign the disturbances in the vibratory system. Disease and illness can be managed effectively with this mantra.

The strong syllables of the Mahamrityunjaya, '*Tryambakam yajamahe . . .*' create a vibration which, according to tradition, removes the influences of *tamas*, stagnation, that static nature which is without any inspiration and motivation. In yoga one becomes more aware of the energy field, the *pranamaya kosha*. Illness, according to the yogic theory, sets in when the body has lost its joy and will to live, so the Mahamrityunjaya mantra, by rearranging the frequencies and vibrations in our



body, encourages health and healing.

Every morning when we chant the Mahamrityunjaya mantra eleven times, the sound vibrations and the frequencies are activating the solar plexus, *manipura chakra*, and the weak pranic energy in different parts of the body is again strengthened. Once

the debilitated energies are revitalized they work to release, to relieve the imbalances, illnesses and diseases from the physiological structure. Therefore, the Mahamrityunjaya mantra has been recognized since time immemorial as the mantra to awaken the *prana shakti*, the life-force, and attain health. It is a healing mantra.

GAYATRI MANTRA

The other mantra that Sri Swamiji recommended everyone to practise daily is the Gayatri mantra. Traditionally, the Gayatri mantra is used to develop intelligence, knowledge and wisdom, and to expand the consciousness. The Gayatri is taught to children at the age of eight, when they enter the period of academic education. Perception and attention are sharpened,



retention and memory power are enhanced, and there is growth in intelligence. In order to develop awareness, wisdom and understanding, practise the Gayatri mantra every day.

The Gayatri mantra is for acquiring wisdom which we don't have in plenty. The purpose of the Gayatri mantra's soft syllables, '*Bhur bhuva*

swaha . . ., activate their corresponding centres in the chakras and the brain which aid the process of learning and acquiring, better understanding, perception and viewpoints.

The Gayatri mantra is associated with *ajna chakra*, the third eye, the seat of wisdom and intuition. The chanting of the Gayatri mantra creates the frequency or vibration which activates the ajna chakra, and the problems of fear and aggression, anxiety and guilt that we were seeing on our mental or psychic screen can be managed with the activation of ajna chakra. The Gayatri mantra, according to tradition, has been the mantra to open up the doors of consciousness, knowledge and perceptive wisdom, and to heal psychological scars.

DURGA MANTRA

The third mantra has been added because of the conditions we are facing today. We are in Kali Yuga, a time of testing and great challenges. At this time, when we have to face many difficulties, both in the external world and in our own psyche as we battle to maintain inner peace and equilibrium, and try to help others who are suffering, the Durga mantra is most powerful and benevolent for us. Devi Durga is described as a being of light. She symbolizes the powerful mother energy armed and ready to protect her children. The strength and reassurance that we feel in the presence of our mother is an archetypal experience. We learn to stand on our own two feet, learn the difficult lessons of life, and keep a protective eye on our brothers and sisters.

When we call on the divine mother, our family expands and with it our perspective on life and our awareness of what is really important even beyond life and death. On a daily basis, this third mantra strengthens



the armour that we sometimes have to wear just in the course of our daily life these days.

MANTRA REPETITION

Do not underestimate the power of mantras. It is not necessary to understand the meaning of the mantra, but to connect with the vibration that is being created by mantra chanting. If you are able to connect with the vibration, then in the course of time, you can also learn about the points you need to concentrate on during the chanting of different mantras. It will become a valuable tool for your spiritual growth and development.

The tradition describes three methods of mantra repetition. The first is verbal, the second is whispering and the third is mental. Mental repetition is considered to be the most potent, provided we are able to steady our minds and there are no distractions to divert our attention from the repetition of the mantra, and provided we do not doze off as the mind becomes internalized, which is common when practising the mantra mentally.

Although emphasis is given to mental repetition, if you find the mind is drifting off and losing consciousness of the mantra, or if you find yourself dozing off, then in order to maintain awareness start to whisper the mantra. The whisper is a simple movement of the lips and should be audible only to yourself and nobody else. If you are still unable to control the introversion of the mind and sleep comes, begin to chant the mantra verbally.

SANKALPA

Just mental repetition or verbal repetition of mantra is not enough. The mantra should be given a task, a purpose. The power of the mantra should be channelled towards a specific aim, otherwise it will dissipate. When light is focused, it transforms itself into a laser beam. It is the same with

mantra. There has to be one aim when practising mantra sadhana. Traditionally, different purposes have been assigned to different mantras, such as health and wellbeing to the Mahamrityunjaya mantra, and intelligence and wisdom to the Gayatri mantra, overcoming a particular problem or barrier with the Durga mantra. Look at yourself and your life. Adapt the mantras to your specific needs: to build strength, conquer a bad habit, to learn a lesson life seems to be repeatedly trying to teach you; or to overcome the great difficulties that come from time to time.



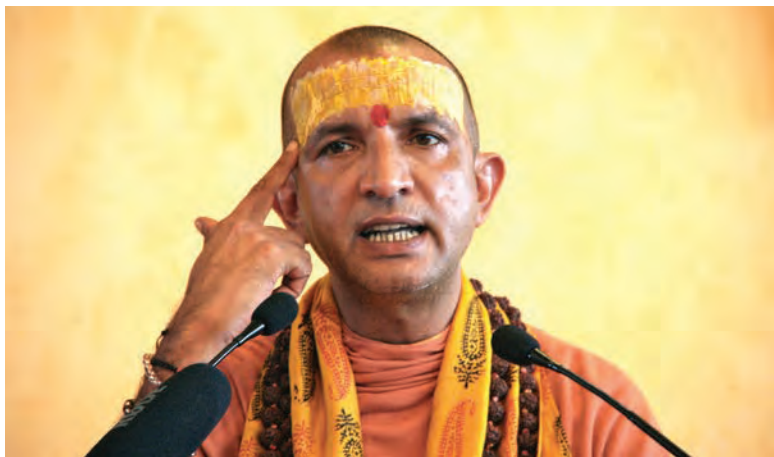
These three mantras, Mahamrityunjaya for healing, Gayatri for wisdom, and the 32 Names of Durga for overcoming the trials and tribulations of life, and attaining peace, are important practices and beneficial to all aspects of life.

The mind has to be maintained on a regular basis. It has to be taken care of. We take care of the mind by giving inputs of positive thoughts, positive sankalpas, cultivating our strengths in life, and protecting the mind from influences that can disturb mental peace, balance and harmony. Those people who can do this are the real yogis.

Mantra will give birth to inner strength, optimism and creativity. The three mantras: Mahamrityunjaya, Gayatri and the 32 Names of Durga are themselves three *sankalpas*, resolves or seeds, which are best planted in the subconscious mind when the mind is still, dormant and not active in the waking state, not connected with the senses or with the world or with the sense objects. Therefore, we say that these three mantras should be

practised as soon as we wake up, even before we get out of bed.

When you wake up in the morning you are on the borderline between unconscious and conscious. It is the time when you plant the seed of sankalpa. This idea is also behind the theory and the concept of yoga nidra, where you come to a point when you are neither awake or asleep, but half awake and half asleep, when you are aware of the state of the subconscious.



CARING FOR THE MIND

With regular practice, we will discover that these three mantras play a major role in cultivating inner strength, optimism and positivity. It is one method by which we can protect our mind from the external attacks of the various animals and rats. After all, a rat can dig a hole in the ground or anywhere. Jealousy, hatred, anger and envy also make holes in the mind. With mantra we protect our mind with an armour of positivity.

In fact, mantras are sound vibrations, they are not prayers. If you try to translate a sound vibration into a language it is just a clothing for the vibration. Each sound vibration creates a different frequency within your personality which happens

beyond logic, beyond the logical realm. The vibrations created by the Mahamrityunjaya mantra influence the various chakras, more specifically manipura chakra which is the chakra of life; it is the chakra of vitality and pranic energy.

When you play music and on top of the piano you place a thin piece of paper covered with fine sand, the sand will take a form, a pattern, according to the vibration and frequency of the music. If external objects placed on top of an instrument can adopt a different form, become a different figure through the power of vibration, what will happen to us internally?

The vibrations of mantra activate manipura chakra and its essential nature is fire. You can throw anything in the fire and it will consume it and reduce it to ashes. When the fires of manipura burn, the toxins of the body are burnt. The weak parts of the body are infused with energy; the defects, the imbalances and the different functions of the body are healed. People have come out of many distressful situations only with the chanting of the Mahamrityunjaya mantra. It is the best medicine that one can have to attain wellbeing and fitness in life. So, you take eleven tablets of the Mahamrityunjaya mantra every morning.

Then take eleven capsules of the Gayatri mantra, the mantra for acquiring and maintaining wisdom. The soft vibrations of the Gayatri mantra stimulate different brain centres, dormant brain centres which begin kicking and become active. Intuition improves, understanding improves, you are able to retain what you study. Practise and experience! The intellect is now guided towards self-development, not self-projection. Wisdom enters your life.

Then practise three rounds of the Durga mantras. Turn to the Divine Mother for inspiration and strength to win through the hard trials of life and to help uplift others who are suffering.

Every morning, after waking up, before thinking, you just sit down quietly for five to ten minutes, before anything else, before even getting out of bed. Chant the mantras, and then go about your business. Many people who have followed this system have felt a qualitative change in their life, in

their thinking process, in their performance, understanding, associations and relationships, and things have improved.

This use of mantra can be incorporated in normal life, not only in an ashram but also in your home. If you think that people will find it strange, then go and sit in the bathroom and meditate, but do it. It is an investment of ten minutes only, but taking this component of the ashram to your home will bring you health and wealth. When wisdom prevails, happiness replaces distress in life and that is relevant to your spiritual journey.

Hari Om Tat Sat





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